


Global Women's Leadership Network

EMOTIONAL INTELLIGENCE

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90% of leadership success being attributed to a high EQ



Leadership
Decision-making
Change tolerance
Stress tolerance
Time management
Empathy
Team work
Presentation skills
Social skills
Member service
Accountability
Flexibility
Trust
Communication
Personal development
Attitude

What is Emotional Intelligence?


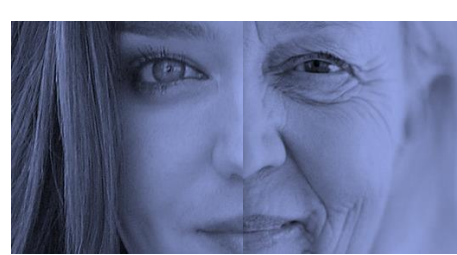
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4 Parts of EQ

1. Self-Awareness
2. Self-Regulation
3. Empathy
4. Social Skills

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Phases of Emotional Intelligence

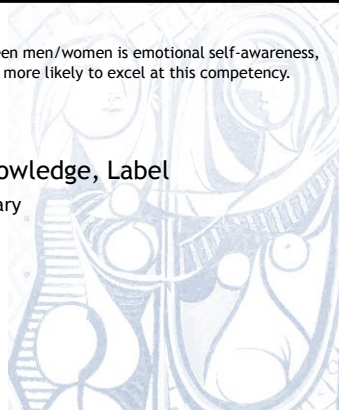


SELF AWARENESS

Greatest difference between men/women is emotional self-awareness, where women are 86% more likely to excel at this competency.

- ▶ Identify, Acknowledge, Label
 - ▶ Robust Vocabulary
- ▶ Beware

SELF AWARENESS

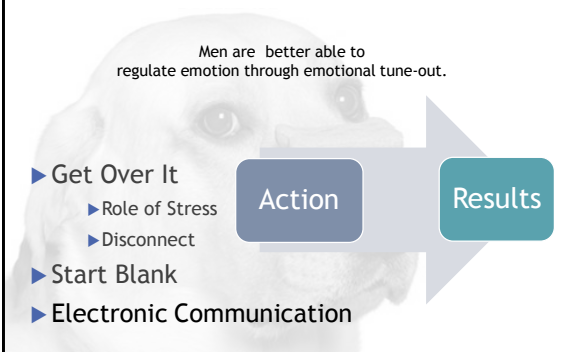
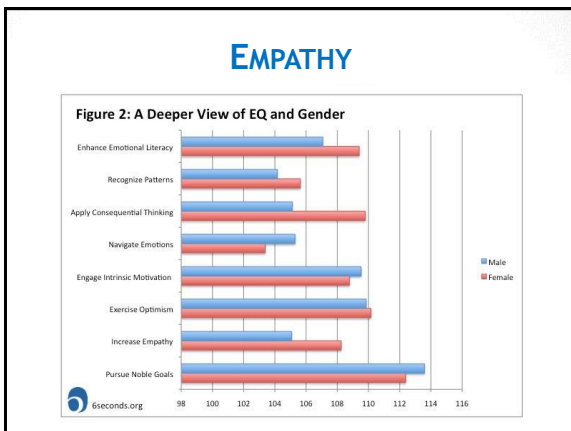
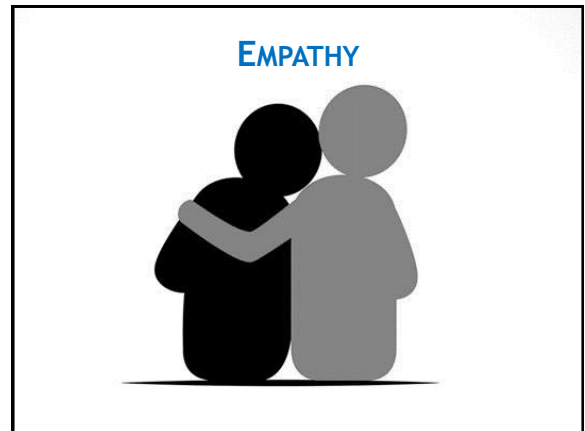



SELF REGULATION

Men are better able to regulate emotion through emotional tune-out.

- ▶ Get Over It
 - ▶ Role of Stress
 - ▶ Disconnect
- ▶ Start Blank
- ▶ Electronic Communication

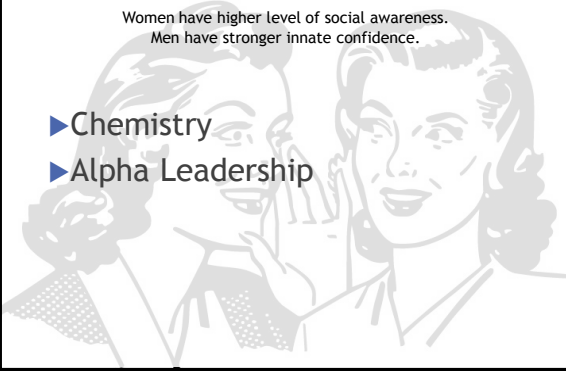
Action → Results

SOCIAL SKILLS

Women have higher level of social awareness.
Men have stronger innate confidence.

- ▶ Chemistry
- ▶ Alpha Leadership



THE ★★ STRATEGIC HOTBOX **LEARN LOVE KICK★ASS** **BOOTY**

1. GET UP, BUILD IN-PERSON RELATIONSHIP
2. BE AUTHENTIC, ERR FORMAL
3. BROADEN EMOTIONAL VOCABULARY
4. BEWARE OF STRESS AND DESTRUCTIVE EMOTIONS
5. CREATE CHEMISTRY

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